



# ADCES7 Self-Care Behaviors™

## BEING ACTIVE

*Being active means doing any type of daily physical movement, whether it's structured, like a session of exercise, or unstructured, like anything that decreases the time you spend sitting.*

### BE SAFE

You should be able to safely start doing any activity that takes about the same amount of effort as your usual activities without having to get a checkup first. However, if you are not used to a lot of activity, check with your healthcare provider to get medical clearance. They can advise you on medication adjustments that might be needed and let you know if you should avoid specific activities based on your condition.

### FIT ACTIVITY INTO YOUR DAILY LIFE

When it's hard to find the time or motivation to start being active, choose the best ways to fit activity into your daily life—whether it's walking more, doing chair exercises or working out at the gym. Even getting up more often for short activity breaks or standing up longer helps rev up your metabolism. A diabetes care and education specialist can help you decide on an impactful routine that fits with your lifestyle and that you enjoy.

### START WITH SMALL STEPS

Start by just moving more all day long, however you can. You can do an activity in multiple short sessions rather than one longer session. In time, you will find that you are feeling better and ready to go further.



### word wall

**Metabolism:** The way that chemical processes in your body cause food to be used to give you energy. For example, if you don't eat breakfast, your metabolism slows down.

**Fitness:** Physical ability to carry out daily tasks with ample energy and without feeling worn out.

**Cardio:** Continuous exercise that raises your heart rate (like walking or swimming).

**Resistance training:** Activities that help you build muscle and strength.

**Balance exercises:** Activities that help you keep your balance and prevent falls.

**Stretching:** Exercises to improve flexibility, reduce tightness and prevent injuries.



## PLAN IT OUT/MAKE IT HAPPEN

**Step 1:** Pick something you enjoy.

**Step 2:** Think about what might get in the way of you doing that activity.

**Step 3:** Brainstorm ways to start this week.

**Step 4:** Plan when to do it.

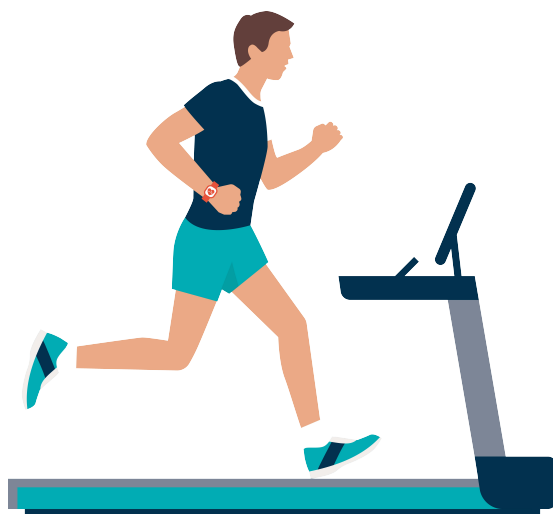
**Step 5:** Decide how long to do it.

**Step 6:** Know how hard you should be working when doing the activity. For example, if you can talk but not sing during the activity, that is moderate intensity.

**Step 7:** Reward yourself at the end of the week for meeting your goals (and set new ones for next week).

## BE CREATIVE

- Partner with a friend or family member to find creative ways to be more active.
- Take your dog for a walk or play at the park.
- Take the stairs instead of the elevator.
- Find a gym buddy to motivate you to show up.
- Build walking meetings into your work schedule.
- Participate in an activity challenge with a friend or co-worker.
- Call a friend to go dancing or put on your favorite song and dance at home.
- If you eat lunch with a co-worker, ask them to join you for a short walk after.
- Download a fitness app for guidance on creating your own exercise program.



**Question:** Is going to the gym or taking an exercise class the only way to be active?

**Answer:** No, there are so many ways to be active! Physical activity is anything that gets your body moving and helps you get fit and stay healthy.

### Get Active for your Health

Being active has many benefits beyond fitness. Here are some of the ways being active improves your health and well-being:

- improves your muscle strength and heart health.
- helps you lose inches and fat.
- improves your cholesterol and blood pressure.
- helps you feel less stressed or anxious, enhancing your mood.
- adds years to your life.
- keeps your blood glucose closer to healthy levels, preventing health issues now and in the future.